

2005

The Compact, Issue 2, 24th of October, 2005

DIT: Students' Union

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the compact



02

24TH OCTOBER 2005

dit students union



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the compact

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Editorial.

Welcome to the Halloween edition of The Compact and I hope you all like what we have on display for you this time around. It has been a busy couple of weeks which has included the infamous FRAG trip to Leitrim, the Freshers' Fair in Aungier St., and the 70's Ball on Harcourt St. just last week. Check-out The Compact's Private Eye and see all the reviews and photos of what really happened at those events.

Our main story this edition is probably the cocaine story that begins on page eight of the magazine. Cocaine use is a contentious issue these days and after the hounding of super-model Kate Moss last month, I had a chat with an ex-DIT student and Chris Murphy of the Drug Awareness Programme (DAP) in Dublin, to have a chat about their experiences with cocaine use among young people in this country.

I hope you will notice that the magazine is slightly better-rounded this time around, as there has been a good reaction from students to get involved in the magazine. I would like to personally thank them all for doing this because without them they would make my job impossible.

However, I still need more people to get involved in the magazine so it can reach its full potential so if you have any good or bad stories about your time here in DIT or want to take some photographs at the next college night out just let me know and I'll take a look at it for you.

So, enjoy the magazine and let me know what you all think.

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Food, Glorious Food

Hungry students in Mountjoy Sq. finally have somewhere to feed their appetites with the return of their long-lost canteen.

The canteen, which closed last year due to problems within DITSU Trading Ltd, reopened two weeks ago to the fanfare of hundreds of rumbling stomachs.

The Compact spoke to Maggie Pym, General Manager of DITSU Trading Ltd., to find out what's on the menu for students at the new-look canteen.

She is hopeful that the students will return to the canteen and that it will regain its friendly atmosphere, "The basement in Mountjoy Square is really nice; it is the natural hub in the building and is there to attract people.

"It also provides a meeting place where students and lecturers can mix, as it's the main common space in the building", Ms. Pym continued.

The canteen will provide fresh food every day for its diners, as well as the obligatory tea, coffee and pastries. After its long absence, DITSU Trading hopes to make it up to Mountjoy's starving students by providing "a good quality, affordable canteen serv-

ice. We feel as part of a students' union that we are able to deliver, and we are very orientated towards service delivery to the students and we want to give quality, at affordable prices, to the students".

And for those who are watching their waistlines, or who simply have a dislike for lard and want a healthy diet, the canteen will have something to suit you. It is hoped that the canteen will break with the tradition seen in canteens across the city of serving two-day old junk food swimming in grease. "I firmly believe in buying top quality fresh foods every day and moving away from the fried food that people see as canteen standard. I think the Irish palette is much more refined over the last couple of years", said Ms. Pym.

At last, the days of wandering around the north inner city in search of a decent lunch are over for the students of Mountjoy Sq. DITSU Trading have not forgotten the plight they were faced with last year: "I would be very conscious of the considerable hardship caused to all of the students and faculty through a lack of canteen facilities in Mountjoy Sq. last year, and hopefully this reopening can go some way to building bridges and providing a happy place for people to enjoy in Mountjoy Sq."

So Far So Good

I hope that you're all enjoying our new magazine. The whole idea behind this is that we get all the information to you on what's happening in the college and what you're interested in.

Hi Readers.

For those of you that don't know me yet, my name is Bernadette Farrell and I'm the Vice President for Academic and Student Affairs and my job means that I look after a lot of the serious side of the Union.

This week we launch the 'Survival Guide'. The 'Survival Guide' is a pocket-sized book with lots of information that will be of use to you during your time in college. It's the kind of thing that you need to keep 'just in case'. The information contained in its pages has been taken from a lot of very reputable sources and put together in one handy, easy to read book.

Grab a copy from the stands or from the Student Union and keep it somewhere handy. Then the next time you have a problem with your landlord, your course, your exams refer to your helpful 'Survival Guide' first, but remember you can always contact us personally about any query you have.

For the last number of weeks we have been in the process of recruiting Class Reps. It's a big job and we've had lots of interest this year. As always there are some classes where we still have to recruit some Class Reps. If your class

is without a Rep get into the Student Union and let us know so we can do something about it. It's an important job to look out for the interests of your class and help decide the direction your course is taking on Program Committees.

Every student in DIT is a member of the Students' Union; they are also members of the Union of Students in Ireland (USI). USI represents student issues at a national level. So when we all moan about how the capitation fee has gone up again, or the local county council has once again been late with your grant money, your USI Reps try and do something about it by moaning to the Minister of Education etc. So make sure you get value for money and use the services provided. If you're not sure what we do, then log onto the website at www.ditsu.ie for more info. You can get more info on USI at www.usi.ie

Remember college is meant to be fun; it's your job to make the most of it!

See ya 'round,
Bernadette




dit students' union
www.ditsu.ie

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COLLEGE NEWS

BY CORMAC CAHILL

Study at the University of Life

The number of mature students returning to education has multiplied over the last ten years. Here in DIT there is a proud tradition of helping and assisting mature students as they make the transition from a working life to the student life.

I spoke to Kevin Kirwan and Gavin Kelly, who are both third year students of Electrical Services Engineering FTO10 in Kevin Street DIT. I talked to them about what they did before they came back to college, their experiences of the student life and the reasons they returned to education.

Kevin explains what he did before he came back to college. "I knew I could just work in a bar or something and decided to travel the world. I worked in one of the richest countries in the world (Norway) for six months and also in one of the poorest countries in the world (Mozambique) for six months and I picked up a language and spent my time in a diverse but fulfilling way," he outlines.

Gavin explains his reasons for coming back to education. "I was thinking long-term. My girlfriend had a degree and I was thinking 'what will I have?' so I took the decision to get a good qualification and a good job," he says.

Kevin also realised the long-term practicality of going back to college: "I always knew that it was the sensible long-term choice. I just knew that in order to have a progressive life you really have to keep learning and the opportunity that the college experience will lead you to have a more developed, less stagnant life."

Settling into college can often be the hardest part and this is often accentuated when there are mature students involved. Gavin outlines his view on this: "I thought it was going to be hard because I had a poor Leaving Cert and as I got closer to coming back I was fearful I would pull out around Christmas time, but I had good backing behind me and I'm still here now."

"If I had been living in Dublin instead of commuting from Drogheda I would have enjoyed it more. The grant of €325 a month doesn't last long so I didn't really enjoy college life," he elaborates.

The lads here in Kevin St. both advise others to return to education. "I have recommended it to my friends and some of them have

just gone back there in September and they were working on the dole and I told them to think about the long term and not the short term," says Gavin.

Kevin also agrees that those who return to college will be supported all the way. "Don't hesitate; your peers will support you, your loved ones will support you and it can offer you new aspects in life because it's easy to stagnate in a professional mode where you get into a loop."

It is important to support those who wish to make a better life for themselves and one person who is directly responsible for encouraging mature students here in DIT is Leslie Shoemaker. She is a trained psychologist, who now teaches professional skills to mature students to help them acclimatize to college life and to prepare them for the work environment. She says that mature students sometimes surprise themselves with how well they manage the adjustment back into education, "A lot of them are actually surprised to realise that they have the skills to study. They just have to translate it into a different environment but a lot of students are self-conscious and have concerns about not fitting in," she says.

"The Mature Students' Society is there to help students meet each other and to discuss their tran-

sition into college life. But the mature students find balancing work, family and an education the hardest sometimes- it can be quite a balancing act."

Leslie believes that additional support services should be put in place to encourage more mature students to come back to education. "There are support services in place and other services such as councillors and chaplains. But we must also realise that mature students have a different set of needs so having a mature student society is important, they can organise to get together and have fun," she adds.

It seems that there can be a great advantage to prospective students in waiting a few years, before deciding what course they want to do, as opposed to traditional students who come straight from the Leaving Certificate cycle without any prior real life experience.

I asked Leslie were mature students at an advantage over other more traditional and younger students. "Well, everyone is different but I find that mature students are very clear, very driven and very focused and they really know what they want because they have been out in the real world," she answered.

DIT has a good reputation among mature students in Dublin and I asked Leslie why she believes that more mature students want to come to DIT. "It has a good reputation with it being both a practical college and an academic college. I think the locations all over the city appeal to a lot of people and also the diversity of the students that we have as well as a growing population of international students and mature students," she says.

The mature students who go back to college will obviously benefit the country as more graduates enter the workforce. It seems obvious that additional supporting blocks should be put in place to encourage more and more mature students to return to education. After all, it's never too late.

COLLEGE NEWS

BY CORMAC CAHILL

Students Kicked Out of Digs

It has emerged that over forty students have been asked to vacate their apartments in a new development at Kelly's Corner near Dorset Street on safety grounds after Dublin City Council successfully won a court order restraining the building from being used for residential purposes.

Some DIT students have been directly involved in the saga and have already left the premises that are believed to be partially completed with the top floor still to be finished and have loose wires all over the floors.

However, it is understood that the DIT students who were staying in the residential complex have also complained that their course work has been affected too as their equipment and books were locked in the complex when they were ordered to leave without any notice.

The landlord of the Kelly's Corner apartments, Brian Smith, was on holidays at the time of the Court Order was issued and is believed to be returning on 25th October.

A representative acting on behalf of Brian has agreed to pay back deposits to the students who no longer wish to stay there.

The Students' Union in DIT have been asked to get involved and Vice President for Academic and Student Affairs, Bernadette Farrell, has said "I am currently working on this case with a number of students that have requested that the Students' Union become involved. I am liaising with the landlords' agent and representatives from Threshold and the Private Residential Tenancies Board (PRTB) and I have found some alternative accommodation for those that have requested this."

The identity of those DIT students remains confidential and The Compact understands that the apartments will not be completely finished for three to six weeks but the students could be facing a long battle to get compensation for the upset caused to their personal and college lives.



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(What's the Story) Dublin's Cocaine Culture?

The tabloid frenzy that was whipped up around a certain Kate Moss and her use of cocaine in London last month had right-thinking members of society condemning her as the curse of the world's evils.

The story was an 'exclusive' for The Mirror newspaper in the UK and their 'special investigation' meant that Moss faced ruin with the loss of many sponsorship deals including Burberry, Hennes & Mauritz and Chanel.

However, is it such a surprise that a fashion model worth £30 million is taking cocaine? And for that matter, is it such a surprise that young people in Dublin are taking cocaine?

According to a report published last January, by the 46-nation Council of Europe, levels of ecstasy and amphetamine use in Ireland were the highest in Eu-

rope and cocaine use was one of the highest in the world.

I talked to a former DIT student about his feelings towards cocaine use, "I took cocaine because I was curious and it was glamorous. I mean for 100 euro you can get 1 gram and that would do you for a night out."

"I would take it the odd time and just on a special occasion and I wouldn't take it enough for it to become a habit and I wouldn't like if it did become a habit."

The anonymous ex-student also told me about his experiences when he was a student here in

DIT and his opinion on the Kate Moss saga. "When I was a student there wasn't that much of a drug culture in the colleges and it wasn't very widespread really at all and cocaine isn't really a student drug it's more of a young professionals drug."

"I think the press made a big deal of the Kate Moss story and I really think they were out to get her but she is a role model and people do look up to her and she is setting a bad example", the ex-student continued.

On Ireland's only fashion website, www.fashion.ie, I found some interesting comments about other peoples' opinions towards cocaine use and the Kate Moss affair. 'Fi' says that, "I think it's terrible the way the media are victimising Kate while they are probably coked up themselves. Coke is everywhere and the fashion industry is probably the biggest market for it. I'm not generalising and saying it's everyone but you'd have to be a fool not to see what's going on. The only reason the media are making such a big thing about is because Kate Moss."

So what is the official line about cocaine in Dublin? I talked to Chris Murphy from the Drug Awareness Program about the increase in drug consumption in Dublin. "Well heroin use has leveled off but cocaine use is growing and cannabis use has grown over the last ten to fifteen years as well but there are more people who are using cocaine than who have problems with it."

Chris also told me about how easy it is to become hooked on the cocaine and how hard it is to get free of the drug. "For regular cocaine users the highs become less and the low that comes after the cocaine use becomes more accentuated but people continue to use cocaine in order to lift themselves out of that low and it is then something they cannot do without so they become dependent on it."

"In hash and cocaine we are getting an increase in people in their early twenties with a problem so it's growing in that age group and there isn't any substitute

drug for cocaine but people are wondering what treatment program they can use and some are even using acupuncture."

Chris also told me about his opinions on the Kate Moss affair. "I still think that there is a lot of media hype that would like to demonise the drug user and it's not surprising that someone like her is using cocaine and she is trying to do something about it to come off it and we know of people in Dublin who have gotten into trouble using cocaine as well and there is usually three years in between someone using cocaine and ending up in a treatment centre."

The most useful way of seeing the increase in cocaine use in Ireland is by the report published in 2003 by The National Advisory Committee on Drugs (NACD) called An Overview of Cocaine Use in Ireland, which had a number of key findings;

- 3% of the general population reported having taken cocaine.
- 1% of the general population reported having taken crack cocaine.
- 1998 - 2002 cocaine use among men increased from 1.8% to 3%
- 1998 - 2002 cocaine use among women increased from 0.6% to 1.9%

There are many facilities in Ireland for drug abusers and the main one is the Drug Treatment Centre Board (DTCB), which is based in Dublin. In 2003, there were 117,150 visits to the DTCB and a total of 1,400 accessed treatments there of which the vast majority were users of opiates (heroin) and rest were users of ecstasy, cocaine, cannabis, benzodiazepines and other substances.

Cocaine abuse in Dublin seems to be on the rise but the problem needs to be tackled head on and surely Kate Moss' vilification will not solve the long-term drug problems in Dublin and other western European cities.

STUDENT SURVIVAL GUIDE

Student Affairs



dit students' union

City Channel Comes To Dublin

BUSINESS

BY CATHERINE GLASHEEN

ANNY
BUTTY BRIDGE

DART
TARA STREET STATION

KENNEDY'S
BAR

A new low-budget Dublin based television channel broadcast for the first time on Tuesday, October 4th, to an audience of over 100,000 viewers on NTL Digital from Dundalk to Greystones.

It is hoped that parallel channels will be launched in both Galway and Waterford in the near future. And, with NTL's customer base growing by 5,000 subscribers every month, the audience is set to increase rapidly.

City Channel is advertised as a lifestyle channel offering a wide variety of programming from motor-ing, property, local, government, culture, what's on, shopping, travel in addition to transport and weather updates.

Unfortunately, one of the channel's main features is the nightly live broadcast of the Adrian Kennedy phone show, once famous for its vulgarity and controversy. Although this is one of Dublin's most popular late-night radio shows with a listener ship of over 10,000, the programme itself can be badly produced and will compromise of a single web cam in the FM104 studio.

However, this is probably the channel's only major downfall, with programmes such as 'Free to Express' tapping into a culture, which has until now, been almost completely ignored by Irish television.

This is Ireland's first television programme aimed at and produced by, the gay community. The programme's presenter, Eddie McGuinness, said that he was delighted to be involved in such an exciting initiative and that this will be an opportunity for a wider audience to understand the make-up and diversity of Dublin's gay and lesbian scene.

The man behind the channel, former 'Crimeline' presenter, David Harvey, emphasized that City channel was a local channel dedicated to the people of Dublin.

"The sheer range of topics which we feature in our programmes will guarantee interesting television viewing relevant to local audiences-and this is where we can offer something that other channels cannot," he said.

With a range of presenters that will include ex-Big Brother contestant Ray Shah, Irish Independent property editor Cliona O'Donoghue, Fair City actress Orlaith Rafter, as well as a variety of off-peak programming aimed at the emigrant population, the channel deserves credit for being a station that will be true to the demands of its audience.

With only a little under half of the programming produced in-house this is not necessarily a place for young Irish producers and creators to exhibit their work. However, City channel does offer new commercial opportunities to 99% of Dublin traders who previously have not been able to afford television advertising as a method of promotion.

This is all due to the low running costs of the station. With a full-time staff of just 10, Harvey predicts the costs to be even lower than those of local radio stations. With a mix of advertising and sponsorship, Harvey had already, within the first week, secured €1m worth of funds to cover the €750,000 running costs.

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All Dressed Up and Nowhere To Go?

Its time to weed through the wardrobes, trawl through the charity shops and empty out your local party shop, as Halloween is fast approaching.

FASHION

BY LOUISE CONLON

Fashion is all about the individual, escapism at its finest, and Halloween provides the perfect cover for those of you with secret fetishes to bare them in public. Be it a pirate wench, a glamour witch or a comical chicken, whatever 'floats your boat' there is something for everyone this Halloween.

Ladies, leave the boys in a state of mouth-watering devastation with a beautiful burlesque bustier, fishnet stockings topped off with lashings of mascara and a cheeky smile. It's the season to vamp it up! Visit La Petit Coquette and Miss Fantasia, both on Clarendon Street, to take care of all your burlesque needs, or better still, head to Agent Provocateur in Brown Thomas, the end word in burlesque chic.

Boys, to catch the attentions of these beautiful burlettas think slick and go gangster. It's all about pared down sophistication and razor sharp tailoring this Halloween. Make like Bonnie and Clyde in a 1940's style pinstripe suit with a tilted fedora hat - just leave the smoking gun at home!

A Halloween costume such as this one will be an investment. A sharply tailored suit is a timeless classic and an absolute must have. It doesn't have to break the bank either, vintage shops like Harlequin on Castle Market are a treasure trove with pieces like this just waiting to be discovered!

For those who prefer the more traditional Halloween attire, there is no end to shops for you in the city. Anyone looking to pay tribute to the 70's should head straight to Wild Child on Georges Street for the most authentic 1970's collection; from afro wigs, moustaches and sideburns, to tiki shirts and fabulous shift dresses, Wild Child has it all! Alternatively, go virtual

and visit www.fancydress.ie, for the Internet's take on Halloween costumes, you won't be disappointed!

All dressed up and nowhere to go? This cities offering of things to do this Halloween is endless. The 'Horrothon' Halloween Horror Festival (27-31 October) is taking place in the Irish Film Institute, and is definitely worthy of a visit.

Meeting House Square in Temple Bar is screening hair raising scary short films from some of Ireland's most talented short film makers on Friday 28th October from 7-9, the perfect start to your horrifying horrific Halloween celebrations!



PHOTO BY LILI FORBERG



FASHION

BY LILI FORBERG



Are you ready for Halloween? 5 Make-up ideas, which will make you, stand out on the night!

FRONT COVER

Apply foundation to match the skin tone, try Lancôme Photogénic Ultra Naturel. Apply Shades of browns and bronzes to the lid of the eye, try Bobbi Brown Eye shadows in Mahogany and Smoke. Define eye using black eye liner, try MAC Eye Kohl in Smolder. Add long strip eyelashes. Finish the look by using a white grease paint with a fine brush to create a net across the face while adding a few gem stones. To fit fake eyelashes carefully place them along the lash line resting on your own eyelashes. A selection of false eyelashes is available to order at My Diva's Closet - [http://www.mydivas-](http://www.mydivas-closet.com/fakeeyelashes.html)

[closet.com/fakeeyelashes.html](http://www.mydivas-closet.com/fakeeyelashes.html) Make-up by Anne Morrissey for LA Make-up Academy

OPPOSITE PAGE

Outline eye area with black eye liner, try MAC Eye Kohl in Smolder. Fill in with red eye shadow, try MAC Paints in Flammable. Finish off with long black and red strip eyelashes. Make-up by Anne Morrissey for LA Make-up Academy

ABOVE LEFT

Keep the base simple; try a MAC foundation full coverage NC30. Highlight cheekbones using MAC Tantone Sheertone Blush. With brown eye shadow, try Bobby Brown Mahogany, go over eyebrows with an angle brush to define them. Apply eye shadow to the base of the

eye, try MAC pigment fuchsia, and soften with pink eye shadow, try MAC eye shadow Pink Freeze. Apply these two colours in a line under the eye again with an angle brush. Apply MAC eye shadow Black Tied Velvet on the natural crease of the eye and blend it with the other colours for contouring. Apply a thin line of Bobby Brown liquid eyeliner for the eyelid. Finally before adding the crystals, apply a lengthening mascara, try MAC Pro Long Lash Mascara. To apply the crystals, try Swarovski Pink Crystals, use tweezers and temporary eyelash glue. Apply each individually placing them around the eye with the tweezers. Finally, apply a lip liner followed by a lip-gloss, try MAC Underage Lipglass. Make-up by Una Farrell for LA Make-up Academy

TOP RIGHT

Apply brown eye shadows, try MAC eye shadows in Brun, Mulch and Espresso, and black eye liner, and try MAC Eye Kohl in Smolder. Finish the look with four small gem stones. Make-up by Jennifer Jones for LA Make-up Academy

BOTTOM RIGHT

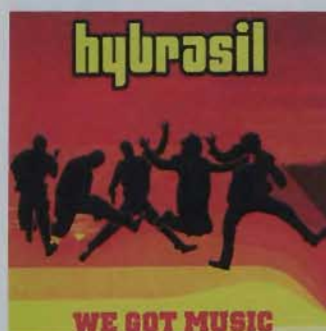
Apply black liquid eyeliner, try Laura Mercier Caviar Eye Liner, and a face bronzer, try Laura Mercier Shimmer Pressed Powder. Make-up by Joan Roche for LA Make-up Academy

Words & Photography Lili Forberg - www.misslili.net Make-up by the LA Make-up Academy - www.lamakeupacademy.com

Reviews

☆☆☆☆☆ TERRIBLE
 ★☆☆☆☆ POOR
 ★★☆☆☆ AVERAGE

★★★★☆ GOOD
 ★★★★★ EXCELLENT
 ★★★★★ UNMISSABLE



We Got Music Hybrasil

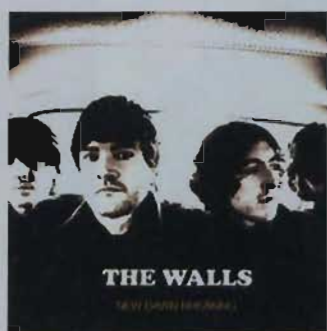
By: Trevor Seery

★★★★★☆☆

Hybrasil hail from Co. Wicklow and a brief history of the band takes us back to 2003 when a recording studio nicknamed "The Clinic" was finally built in Wicklow town.

Their EP has 4 songs which kicks off with the title song 'We Got Music'. Some catchy guitar and oozing vocals get the tune going and has you nodding your head along to the beat. Lyrics get you feeling like going out on the town: "the weekend is my playground and it's into save my life, the chemical persuasion making movies through the night". All in all a catchy gem of a tune.

The final tune called 'Hy Fy' is an instrumental with a weird and wacky array of sounds to guide you into a trance which definitely sounds pretty cool. In all I liked Hybrasil and I think I will go and see them when they are next in Dublin. Every one wants to discover a new unknown so here's your chance.



New Dawn The Walls

By: Amy Tighe

★★★★☆☆☆

The disjointed beginnings of The Walls first album in five years draws you in and informs you that this is something in which you want to be involved.

Sly digs at the music industry are delivered here throughout the blithe and optimistic 'Passing Through', the cheerful and carefree mood reinforced by the refrain "Don't wait until you hate it."

The crooning sounds and gentle guitars of 'Black and Blue' showcase the sound The Walls were hoping for on this album - stripped down to just the bones and soul of a song, as with 'Know Your Love and Ghosts'.

This album perfect for listening to on some sort of portable device while kicking your way through crunchy autumn leaves; blasting out while having a night on the town; or even for kicking back and enjoying an album as infectious as bird flu.



Mono Band Mono Band

By: Hugh Lydon / David Lydon

★★★★☆☆☆

Noel Hogan, best known for his song writing and guitar work whilst a member of the Cranberries, returns here with his new outfit Mono Band and an eponymous debut album.

Following a break from the Cranberries, Hogan has decided to embark upon a new direction with Mono Band and here Noel experiments with new diverse sounds including electronic beats and string arrangements.

The opening song 'Brighter Sky' illustrates the diversity that has fuelled Mono Band as Indian-style vocals combine with dance style drum patterns that could easily sit alongside tracks by Basement Jaxx or the Chemical Brothers.

Overall the album is an enjoyable listen with easy listening moments and sing along guitar-based songs however often Hogan relies upon an acoustic guitar style which often doesn't fit.



Just Another Day Wire Daisies

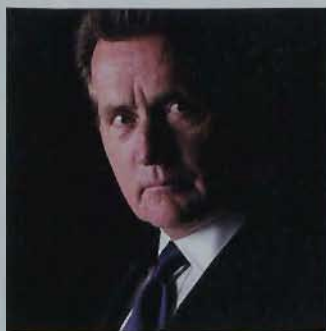
By: Declan Cashin

★★★★★☆☆

Cornish five-piece Wire Daisies launched this, their debut album digitally last year and it went straight into the iTunes album chart (no 3 in UK) and have built up considerable acclaim ever since.

So are they worth all the fuss? It really depends on your tolerance for melodic soft-rock. In fact, I'd wager that a Wire Daisies song will pop up somewhere on a radio near you.

The opening tracks 'Make Everything Change' and 'Everyman' are a good introduction to the band's style. They are followed up by 'The Great Outdoors', which could have been penned by the Stereophonics themselves and the superlative 'Billy Boy', the undisputed highlight of the album. In this Celtic-influenced song, a gentle acoustic backs up the beautiful vocals of lead singer Treana Morris. Are the Wire Daisies just another band? I guess we'll have to wait and see.



The West Wing

Complete Sixth Season

By: Declan Cashin



The global fascination with last year's US Presidential face-off found expression in the intense media coverage that surrounded it has found its way onto this DVD.

The sixth series charts the rise of the nominees from the very humble beginnings right through to the Convention, focusing particularly on the Democratic underdog, Latino Congressman Matt Santos (the effortlessly charismatic Jimmy Smits).

It is that aspect that marks out this series as one to group with The West Wing's astonishing first two seasons. It is like a fictional reconfiguration of 2004 where real debate and real ideas stem from two impossibly qualified, likeable, intelligent leaders, who inspire confidence and hope in the electorate.

Bartlet's successor adds acute poignancy to this series, because viewers know that once they switch off their DVD player and turn over to the news, they will be painfully reminded of the sorry state of American politics in today's crisis-ridden world.



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Some Girls Are Bigger Than Others Dublin Theatre Festival

By: Liza O'Riordan



When one thinks of The Smiths, they usually have an image in their heads of Morrissey on stage flinging around a bunch of flowers singing "punctured bicycle..." They will also remember the genius of the Morrissey/Marr writing partnership, which included such gems as 'This Charming Man' and 'Heaven Knows I'm Miserable Now'.

When Andrew Wale and Perrin Manzer Allen decided that they were going to do a musical featuring Smiths songs, the true fans were probably trembling at the prospect of a 'Mamma Mia'-esque version of their beloved songs. But with a blessing from Morrissey himself, *Some Girls Are Bigger than Others* was conceived.

Half an hour into the show, I was still wondering what the actual storyline was or whether it was just a showcase of Smiths songs. Love, lust, desire, despair and sadness are the overwhelmingly obvious themes in the show,

reflecting the tones of most Smiths songs.

The vocal abilities of each of the performers were exposed during fine performances of 'How Soon is Now?' and 'What She Said'. The star of the show for me was Katie Brayben when she stood up and sung 'Please Please Please Let Me Get What I Want', the audience was left in amazement at her wonderful vocal capabilities and sheer talent.

The arrangements of the songs were widely varied from the jazzy 'What She Said', the highly choreographed 'Barbarism Begins at Home', to the brilliant toe-tapping version of 'How Soon is Now?' A big screen at the rear of the stage, constantly showed images varying from young boys, to women and cloudy skies, emphasised the drama of what we were seeing on the stage.

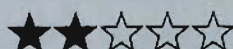
All through the show, the string quartet and band seemed to shadow the general sentiment on stage, using agitated discords and with the huge cheer the performers got at the end of the show, I could see that even the most avid Smiths fans were pleased with the show.

I had the image of Morrissey tossing gladioli around wearing a dodgy cardigan and an even dodgier pair of glasses but the "real" fans can breathe a sigh of relief that their treasured Smiths songs have not been ripped to shreds in a tacky, sequin-covered, shiny happy musical, à la *Tonight's the Night* or *We Will Rock You*, which as we all know, was not what The Smiths were about.



The Winter's Tale Abbey Theatre

By: David White



I've noticed an odd trend in the Abbey Theatre recently. The *Winter's Tale* is an all-male Shakespearean production. The previous show was an adaptation of *The Importance of Being Earnest* played entirely by men. A few months ago I saw *Improbably Frequency*, a musical that featured a goose-stepping Nazi dominatrix.

Is it just me or is the Abbey in danger of consistently putting on entertaining and original shows that the general public actually want to see?

But these are questions for another day. Tonight's play starts by dropping the audience straight into the intrigues that dominate the palace of Leontes, king of Sicilia. Leontes is basking in his good fortune - he's married to Hermione, she's pregnant with his child and his best friend, Polixenes the king of Bohemia, is staying at the court. Leontes' son and heir, Mamillius, is a happy child, though he does have a strange affection for creepy wooden puppets.

The cheerful mood is swiftly skewered when

Leontes observes how affectionate his wife and best mate are behaving. Fearful of playing the cuckold he sets in motion a series of events that will bring his kingdom to its knees.

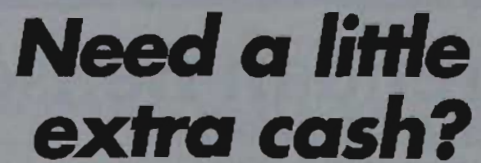
This sets the scene for desperate assassination attempts, vicious accusations, mad monarchs and wild bear attacks. Director Edward Hall makes good use of the Abbey's special effects department - thunder booms, lightning crackles and the stage is wreathed in thick fog. However, these devices are only used to set the mood and never upstage the actors or the story.

The actors are excellent - apart from an over-exuberant Autolycus who threatens to tip the play into leather-trousered mayhem - with Leontes and Hermione standing out in particular. Especially good use is made of Mamillius, a minor character on paper, but one who takes on a greater significance, acting as the play's conscience and the innocent observer of his home's dark secrets.

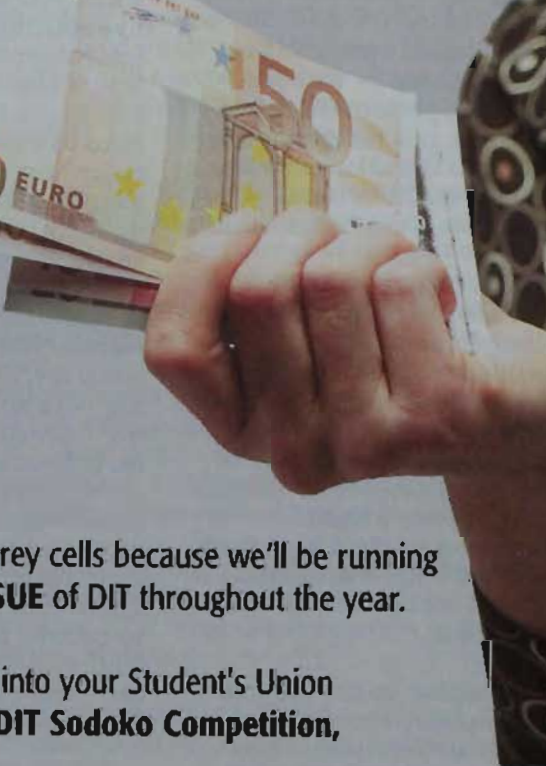
Shakespeare's attempt to marry tragedy and comedy feels awkward and forced. In the climax of the second half he introduces a bizarre and unsatisfying plot device, which is a shame after he takes such pains to establish his characters and their relationships. To Hall's credit he manages to undercut the play's happy ending and introduce a measure of ambiguity.

Overall it was an enjoyable play that's typical of the current quality of the Abbey Theatre and the Dublin Theatre Festival in general.

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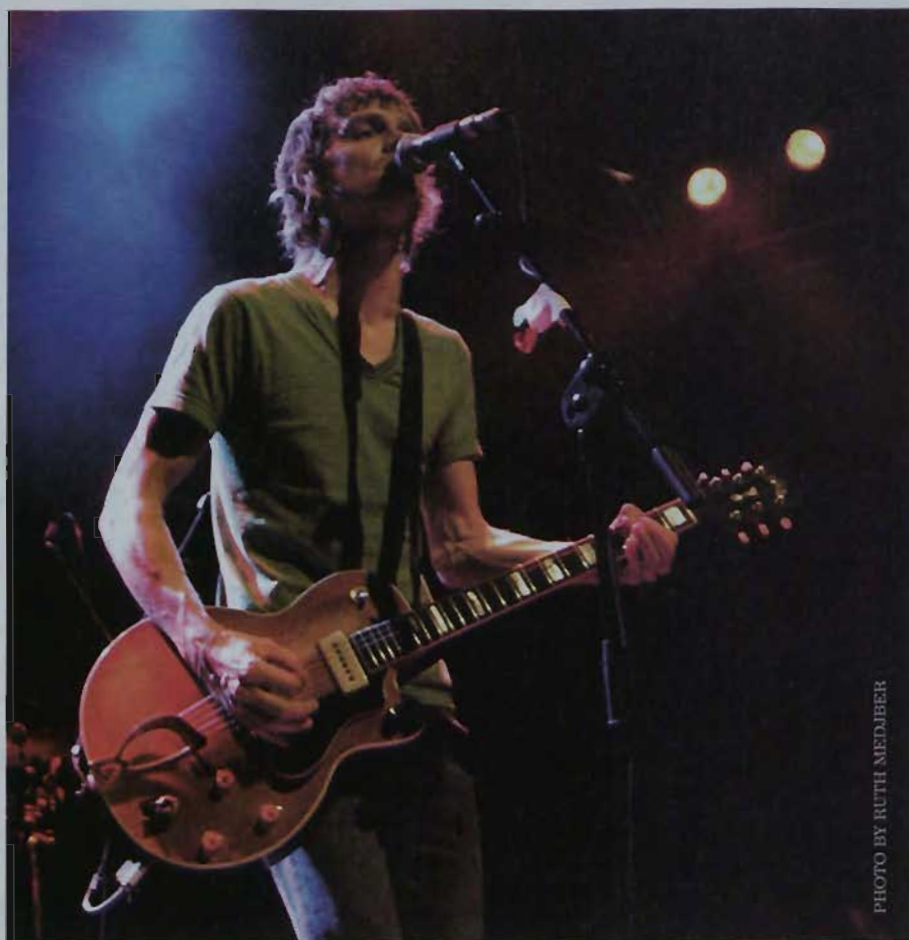


PHOTO BY RUTH MEIDNER

Brendan Benson

Vicar St. October 6th.

By: Niall Cahill



Brendan Benson emerged from the side of the stage without swagger or a pretentious wave to the crowd; put his guitar on, walked up to the microphone and said: "Oh, Ireland ... thank you." After that, we were in his hands.

The set-list began with 'What', 'Good to Me', 'Feel Like Myself', 'Folk Singer' and 'Get It Together' - all brilliant songs with rousing choruses. The breathtaking pace at which the songs were played at and the length of the breaks between them (barely long enough to let the applause from the previous song to die down) made you think you were witnessing a pre-concert rehearsal - an excellent rehearsal.

Merely listening to the albums doesn't emphasise just how well the band play together. When you get to know the albums, it's

the melodies you hum along to; when you see the band work in a live setting, you realise how the instruments work together to create this overall sound. When you listen to the songs again, you have to check that it's the same recording; you're not humming along anymore, you're listening intently to every note, to every shape and shimmer of sound.

Songs such as 'What' and 'Cold Hands (Warm Heart)' highlighted some terrific bass playing, giving both songs a rolling underlying momentum, reminiscent of early Beatles recordings, while 'Alternative to Love' - title track from Benson's third and most recent album - encapsulated the tight playing of the entire group. These four people come together to make a fabulous sound; the songs are full of wonderful intricate drum-rolls, fantastic bass-lines and infectious guitar hooks.

The true hero of the night in terms of musicianship was drummer, Matt Aljian, who is the best drummer I've ever seen play live. He looked like someone at the top of his profession and reminiscent of Clem Burke of Blondie and I could have watched him all night.

'Gold Into Straw' and 'Spit it Out' showed that Benson was not going to stand back and be unappreciated. In both songs he showed himself to be an extremely accomplished guitarist. His voice has been on better form, but this was an extremely good mid-tour performance. Lead guitarist Michael Horrigan pulled his guitar out of the way to provide the keyboard intro to 'Tiny Spark', which ignited an eruption in the crowd as they bounced along to this great pop song.

Another disappointment was 'Metarie' which, due to the reaction after the first chords were struck, is undoubtedly a fans' favourite. This highly band-focused version took away from the frail beauty of the quiet, mainly acoustic track to be found on Lapalco, Benson's second album. But still the best song played on the night.

After an interval, which roused slow clapping and chants of 'More! More!', Benson and his band returned for four more songs. The set ended with 'Jet Lag' and 'You're Quiet'. The former was a beautiful performance, Benson alone on acoustic guitar with some keyboard accompaniment until the last chorus, the words of which the crowd quickly got the hang of ('Ba-da da-da da-da ...'). 'You're Quiet' was a fitting song to end on; a brilliant performance from this impressive band.

Overall, the gig was a display of how some sections of contemporary music - all 19 songs performed were written by Benson - are in very good hands. In 'Cold Hands (Warm Heart)', Benson sings: 'It really shouldn't be this hard.' Great song-writing really shouldn't seem this easy.



Video Analysis Points to the Future

Why isn't the Eircom League any good? Why isn't Ireland regularly qualifying for international football tournaments? The reason could be very simple: football coaches in this country generally shy away from using video performance analysis equipment.

The equipment enables the coach to create a back catalogue of a team's strengths and weaknesses - and also that of their opponents. This information is then transferred onto a DVD for future reference. All you need is a laptop, a video analysis program and someone who can videotape games to base the analysis on.

Many English Premier League and Championship football teams now use some form of video analysis to enable them to stay one step ahead of the competition. The new technology is also being used by rugby coaches, athletes and golf professionals, and even by teachers in classrooms.

I spoke to Robert Carroll, a distributor of the Dartfish video analysis program in Ireland, about the benefits of the equipment. "Basically the equipment has a team application and an individual application; the team application marks the events as they happen and the individual application is more for individual skills. It breaks down a skill, compares and contrasts someone's performance to that of

a professional's. So kids can then copy Johnnie Wilkinson's kicking technique for example and you can actually overlap the two of them," he explains.

The Dublin Gaelic Football team decided to try out the Dartfish equipment for this year's 2005 All-Ireland Championship run that saw a gallant effort until beaten by eventual winners, Tyrone, at the quarter final stage of the competition.

Robert Carroll outlines their decision to use the new equipment. "They already had a video coach but they were using more paper statistics than video content. They were watching tapes of games but it was in the old-fashioned manner of stop, play and fast-forward. But after they saw Dartfish, we worked pretty much in conjunction with them for the Championship and now that they have the basic knowledge of it they want to take it to the next level."

The new technology could also represent a small business venture for the teams that take it up. "Some sports coaches we talk to say 'That's a lot of money', but it's more about what it can add to your team; not only now but in the future. It could become a business model in the form of a subscription based on-line service. If you were a past pupil of Terenure or St. Mary's, for an annual fee you could log-on and see all Terenure's tries in the Senior Cup matches, so working with Dartfish also becomes a money generator as well," he explains.

How would this work here at DIT? I spoke to DIT Sports Officer, Herbie McClelland, about the changing attitudes towards technology in sport. "Everybody now is getting a bit more professional but it isn't all about winning; it's about competing. But it is about competing at a very high level and in the last couple of years soccer, especially at third level, has gone very professional. The days are gone when students would jump onto the bus with a black bag, a bit of gear and maybe one ball; those days are gone. Now you have to have your manager, your physio, your medical kit," he says.

"It's like the Roy Keane thing when everyone said, 'yea let's make things a little bit better', and technology is now part and parcel of the game now, like I said earlier those days are gone when you get on the bus with no manager and no coach; and thanks be to God it's gone," continued Herbie.

It certainly seems that here in Ireland we need to look at better ways of developing players and developing them from a younger age as well. The use of video analysis equipment seems obvious and will surely become more commonplace in the future.

Sports coaches, professional or non-professional, should raise their expectations and consider playing catch-up with what other coaches in Europe consider as standard.

For more information on Dartfish contact www.dartfish.com or ring Robert Carroll on 087 65 90 357.



Shane is pictured here far left

In Memory of Shane Brennan

I think it's ironic that I sit here writing about one of the college's most talented footballers as the country is on tenterhooks regarding our National team's chances of qualifying for the World Cup in Germany 2006.

Shane, at the age of 23, had achieved far more on the field of football than most could have dreamed of. He had proven himself an excellent footballer amongst the many who try to live their dreams in one of the world's most popular sports. Shane had played with three Eircom League teams, Longford Town, Monaghan United and was playing with Athlone Town before his tragic accident.

Shane Brennan was a final year student in Retail and Services Management in 2004/2005. He was also captain of the college team for his final year in DIT. He died tragically in his home town of Newtownforbes in Co Longford last May. He had completed his exams and was waiting to finish his degree.

With Shane's help and guidance DIT's football team left the lower divisions and entered the premier division of the Colleges' league. Yet the good times of DIT football did not stop there under Shane's tutelage. In 2004 the team won the Collingwood Cup Plate, the inter-varsity football tournament within Ireland, beating UCD on penalties. On this form Shane was then picked for the Irish Colleges football team with whom he played two successful seasons and was vying for a place on the Combined Irish Colleges team for the World Student Games in Turkey last summer. Tony O'Connor, Shane's coach for the DIT team, summed him up as

"a happy go lucky lad but he also had a steely interior and would stop at nothing to achieve his goals. He had an astute football brain and great leadership qualities and by always giving of his best he would demand and always bring out the best in others. The best compliment I can pay Shane is that he was a credit to his parents Johnjo and Margaret a lovely lad who gave and received respect wherever he went."

Though football was extremely important in Shane's life, it is clear after talking to his lecturer and Head of his course, John Jameson, that Shane also gave full attention to his academic career. Shane had handed in all his work before he passed away, and when the results came in Shane achieved a First (1.1). "Which to me is a clear indication of his dedication to his education and the structure of the course and its teachings," according to Mr. Jameson. He also told me about Shane's qualities as a student, "top notch, and well rounded," he was also committed to helping out his fellow students and the college.

Shane's legacy to the college has been cemented with the Retail and Services Management School creating an academic award in his honour. From this year the best academic performance by a final year student will receive the 'Shane Brennan Memorial Gold Medal'. Shane's parents have been invited to receive his degree parchment at this year's award ceremony and may present the medal in his name to the successful student.

To finish I would like to quote John Jameson who summed up Shane as an inspiration to other DIT students. "Shane was a model student whose behaviour and achievements should be an example to all the students at DIT"



Sports Forecast

Score Forecast in Kindly Sponsored by AIB Bank. The new season of Score Forecast will begin in the next week so all those who fancy a flutter should log-on to www.dit.ie to register for the potential cash wind fall.

The game will take place on a weekly basis and players will have to correctly guess the results of a number DIT, national and international sporting fixtures over a period of six weeks from 25th October to 9th December.

The fixtures are compiled from a wide range of sports including Soccer, Rugby, GAA, Basketball, Badminton, Team Handball and many more.

Points are awarded for each correct prediction and prizes are awarded to the player with the highest weekly scores and the top scores at the end of the overall competition.

DIT Sports Department has joined forces with AIB Bank to offer this FREE Score Forecast competition to all DIT students and staff. The Sports Unit is eager to raise awareness among the students of competitive sports clubs who compete at the highest level throughout the sporting season.

If you would like to try your luck in this fun competition, just fill out the short Registration Form on www.dit.ie and follow the links to the sports department.

The fixtures are posted every Tuesday and you will have until 6pm on the following Friday to log on and make your forecasts.

All the important DIT, national and international sporting fixtures will be covered.

Feeling lucky? Well go on to the DIT website and register.

Cúpla Focal

SULT: 'An oíche is annamh is iontach'

Más oíche úrnua, cultúrtha atá uait tré mheán na Gaeilge ní féidir an club oíche 'Sult' a shárú. Bíonn sé ar siúl gach dara Déardaoin sa 'Castle Inn' i dTeampall Chríost idir Meán Fómhair agus Bealtaine. Beidh an chéad seisiún eilear siúl ar an 20ú lá de Dheireadh Fómhair. Beidh seisiúin eile ar an 3ú agus 17ú Samhain agus beidh an oíche dheireanach roimh Nollaig ar an 1ú Nollaig.

Ná bígí buartha muna bhfuil mórán Gaeilge agaibh, is do gach éinne le suim sa chultúr Éireannach, agus I gcultúir eile chomh maith, atá sé.

Is deis iontach é chun bualadh le daoine eile le suim sa traidisiún Gaelach. Mar siamsa bíonn réimse mór de cheol traidisiúnta agus bíonn DJs do chuid Raidió na Life ann chomh maith. Mar bharr ar sin, bíonn damhsa mar chroílár an éispéir le haon stíl ó Samba go Sean-nós le fáil.

Gearrtar costas €5 ar mhic léinn agus bíonn na doirse oscailte ag 9.00pm. Geallaimse daoibh nach mbeidh aon dá oíche mar an gcéanna ann. Is iad na hÉireannaigh is treise ó thaobh oíche den scoth de.

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FRESHER COLUMN

BY SHARON VOGIATZI

I cry at the X-Factor

I've just moved home I enjoy watching programmes like 'The OC' and 'One Tree Hill'; I knacker-drink on the bus when I'm going out in Dublin; and I cry at the X-Factor.

You see, I just don't want to grow older. I wish I could stay at a place where there's no responsi-

bility, pressure or anxiety. Maybe that's partly why I've come back to college. Another four years of playing pool, mystery tours, Christmas breaks and long summer stretches spent on a J1 in the States or a drink-fuelled party-resort in Europe.

But the first month of college has gone pretty smoothly, apart from the initial German class. It had been five years since I'd touched the language and in the first class, the teacher, Sascha, asked me what was the last film I'd seen. Unluckily for me, it was 'The 40-year-old Virgin'. I started to describe it in German,



THE MATURE ANGLE

BY MAJELLA LAVIN

Finance -V- Freshers.

Freshers week; reputed as being five days of unadulterated debauchery, with only a sprinkling of lectures and enough booze and partying to knock a Trojan horse.

A week where Stella Artois is the only French culture worth dabbling in and an available array of free goodies likely to send the

most frugal of individuals in to a frenzied state....

Or at least that's the way it should be so in an attempt to banish those festering issues I've compiled an alternative angle to the week's festivities.

Monday: This brings a pillow challenge (pillow being my hand, challenge being can I keep my eyes open for long enough to catch my falling face before it smacks with terminal velocity off the desk) DJ & band (courtesy of the dodgy air conditioning unit. After an evenings work this can leave you with some impressive nasal stalactites or reduce you to



THE 3RD COLUMN

BY MAURA FAY

Government Must Deliver

A two-year driving ban and a €750 fine for driving the wrong way up the Naas dual-carriageway locked out of your mind? You must be joking!

Jim McDaid got the soft arm of the law last Wednesday when he was convicted of dangerous and drunken driving. In April, after spending the day drinking at

Punchestown racecourse, he got in his car, drove the wrong way up the Naas dual-carriageway while being three times over the legal blood alcohol limit. The Fianna Fáil TD for Donegal Northeast admitted: "To get behind the wheel in my condition was a disgrace".

TDs (and Fianna Fáils TDs in particular) in this country are not held accountable for their actions. Remember Martin Cullen and the e-voting disaster that cost €52m? He is now Minister for Transport. That was a slap on the wrists for him.

"There is a 40-year-old man who is a virgin and his friends want him to have sex..."

At that point, Sascha began to chuckle: "You just said 'His friends want to have sex with themselves!'" Enough German banter for me then!

So, I've taken to reading. Two newspapers a day is the staple diet for any budding journalist. I do this on the long bus-ride to and from college, regularly smacking myself and my fellow passengers about with the giant Irish Times' pages. It's painful! Ever had a paper-cut on your ear?

"Earth worm Jim" as you sweat half your body mass)

Tuesday: Yet another DJ (please refer to Mondays air conditioning and add in irritating noise from vending machine) F-RAG trip (that would be the bus journey from college to work. As Stella was not available to accompany me with prior engagements on the Shannon, my tippie of choice was a hip flask of Bovril like coffee)

Wednesday: The GAA county colours event (with the work place now a testament to our new PC culture, GAA is but one sport of choice in the office. Alas, the

So far this year 313 people have been killed on Irish roads. The figure for the same period last year is 298. It is obvious that Irish roads are becoming more dangerous and driver's need for speed is the primary cause. Why aren't more speed cameras being put up, more Gardaí doing speed checks? Wait, who's the Minister for Transport again? Martin Cullen. In August he announced that the use of speed cameras is to be privatised.

The penalty points system was introduced by then Minister for Transport, Seamus Brennan on the 31 October 2002. Following its introduction, Gardaí were

Another ache inflicting itself on the poor students in this ominous October weather is Homework with a capital H. We all thought we'd killed it off completely when we set fire to our Maths copies on the afternoon of our last exam. But, oh no, it's managed to infect third-level education too!

The assignments are beginning to pile up just as the nightlife is kicking off and the clubs and societies are begging for members. A number of unsuspecting freshers are beginning to show the early tell-tale signs of stress.

long, dark evenings and lack of people to play with leaves little chance for soloing anything aside from your stress balls. A close second is normally noting down the number of minutes left on a postit using horizontal stokes. As the second hand starts to shimmy past twelve a stroke must be crossed out. Just like in short-hand, to achieve dexterity akin to a seasoned card player this skill should be practiced each and every day!)

Thursday: The Freshers Fair (the only goodies left lying around the office are those left over from VIP visits. As the entire office descends on the "one" platter and

out in force with their hairdryer things there was an obvious reduction in road deaths. Now things just seemed to have trailed off. I can't remember the last time I heard that somebody I know got penalty points. Go to www.penaltypoints.ie and you'll see a sign up saying "New site coming soon".

Currently there is a backlog of over 131,000 people waiting to sit their driving test. Last year, an average of 45.5% of those tested failed their driving test. This suggests that the driving test is rigorous enough, although Martin Cullen wants to introduce a much tougher one.

And since I am a "ma-CHOOOR" student, I shall inject you with some words of wisdom that I jotted down when enrolled in the University of Life:

"Remember your mortality. How important is it? Enjoy your life, friends, family, and nature. Do what's needed but don't kill yourself."

I know I won't. At my age, I need to do all I can to delay the onset of wrinkles, even though they do show character, y'know?!

all at the same time it's normally only the alpha male who manages to devour the delectables. Waiting until the crowd disperses can sometimes be beneficial as there may be a single Danish pastry with only a small bite taken out of it still awaiting its fate. Leaving aside the moral not to mention hygiene issues this throws up.

Friday being the Sabbath of a college week, the babes rested.

In the office, the air conditioning continued to hum, there were no VIP's and I had run out of postits.

It is a change of attitude that is required and a stronger chance of people being caught speeding would help induce this change. Around 40% of all road deaths every year are as a result of excessive or inappropriate speeding. The profile of a driver most likely to be injured or killed in a car crash is male, aged between 17 and 25 and a licence holder for less than two years.

Each week in Ireland, 250 people are arrested for driving while "under the influence". I wonder if the €52m spent on e-voting would have been better spent on the penalty points system.



Just Ask Molly

Email your questions to: compact@ditsu.ie

"It sounds like we need to get this sorted quickly before you guys lose your sense of smell.."

How's it goin' Molly? Any craic? Myself and the lads found this place there during the summer. It's alright and the rent was cheap, so we were happy enough. Then there last week didn't the water and the electricity get switched off. I had to go over to my sister's place just to get a wash! The lads are using the showers at the gym. I rang the landlord and he says.... well he's not saying much. So what now? One of the lads says he's running an experiment, something about your body washing itself after a while. Help!

It sounds like we need to get this sorted quickly before you guys lose your sense of smell. Which can happen if you're exposed to very powerful smells for a while.

Firstly I would suggest ringing the landlord again and telling him that if the water and electricity aren't fixed straight away you'll ring

the local authority, this would depend on where you live.

I'm assuming that you have paid all the bills that you are responsible for. If not get them paid.

If the landlord doesn't get it fixed then report him to the environmental health officer at your local authority. There are laws to protect tenants from living without the basics.

As I always say if you have an accommodation problem and you want to find out what your rights are contact 'Threshold' at 01 6786096. If the landlord isn't upholding his side of the lease you may also consider pursuing him legally for financial compensation through the 'Private Residential Tenancies Board' (PRTB). To put forward a complaint you'll have to fill out a form and hand it, along with €25 into the PRTB. You won't have to hire a solicitor, so there are no huge expenses. You can

contact the PRTB at (01) 888 2960 or at www.prtb.ie

You might also think about tactfully broaching the personal hygiene issue with your friend!

Dear Molly,

My lecturer just came up to me after class and said that I was on a Programme Committee and I have a meeting tomorrow. He said there would be other students there and not to worry it'd be fine. What's he talking about? I always find it worrying when someone tells me not to worry. Should I be worried?

Dear student of DIT,

Don't worry, be happy!

First things first, are you the Class Rep? As the Class Rep is elected democratically to represent the class, the Students' Union feel that they are the most appropriate person to sit on the committee. So if you're not the Class Rep get in contact with them and they'll go along to the meeting.

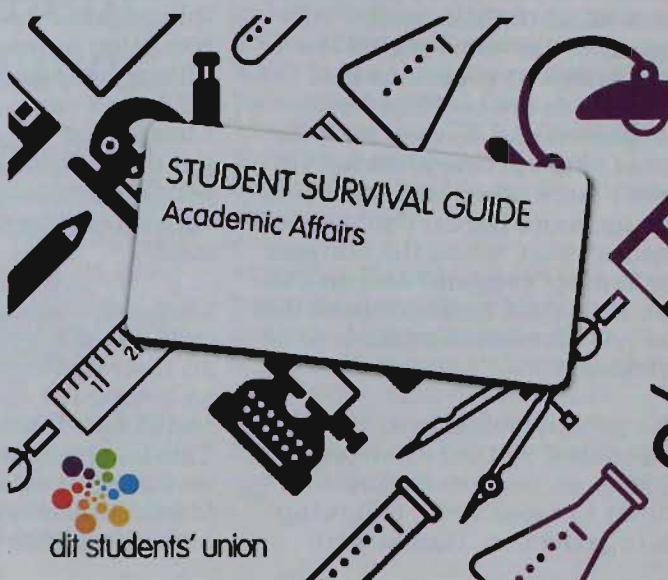
If you are the Class Rep and don't know what a Programme Committee is, read on.

Programme Committees are committees that discuss the direction in which your particular course is going.

They might, for example, discuss issues such as changing the amount of continuous assessment for the year from 50% to 25%, and make your end of year exam worth 75% instead of 25%. Or they might discuss when continuous assessment work is due and the deadlines involved.

Programme Committees are made up of members of the faculty involved with your course and one student representative from each year of the course, so a 4-year business degree should have 4 student representatives sitting on the course committee. As a representative you can have your say on how you think it should all work.

For more information on how it all works consult the 'Student Survival Guide' due out this week or call into the Students' Union.





CONCERNED ABOUT SUICIDE

What Are The Warning Signs?

Most people who feel suicidal don't really want to die, they just want an end to their pain. These are some of the signs which may indicate that someone is thinking of taking their life.

- A previous suicide attempt.
- Currently expressing suicidal thoughts.
- Preoccupation with death.
- Depression.
- Becoming isolated.
- Substance/Drug/Alcohol abuse.
- Sudden changes in mood/behaviour.
- Making final arrangements i.e. giving away prized possessions.

Associated Risk Factors

- Access to a method of suicide e.g. medication, firearms.
- Loss of significant other. (close friend/family member)
- Impulsiveness & risk taking behaviour.
- Relationship break-up.

N.B. Some of these warning signs/risk factors can be associated with everyday behaviour and should be looked at in context with the overall picture of the individual, however the more warning signs/risk factors the higher the risk.

Suicide: Key Facts in Ireland (North & South)

- There has been an increase in male suicide over a 20 year period.
- More males take their lives than females.
- Suicide is a leading cause of death in young people.
- Suicide occurs in all groups of society.
- There is no single cause for suicide.
- It could happen to anyone.

Self-Harm Attempted Suicide

Many people carry out what are called acts of deliberate self harm and whilst not all of these acts could be classified as attempted suicide, many of them are.

- All acts of self-harm should be taken seriously.
- Self-harm is a communication of intense distress.
- Both males and females self-harm.
- It is a particular problem with young people.
- Many people who self-harm are under the influence of alcohol.

How To Respond

If you're concerned about somebody you can follow these three steps:

Show You Care

Offer support and let them know you care. Say something like:

'I'm worried about you and I want to help'
'Tell me about what's worrying you'
'Whatever's bothering you, we'll go through this together'

Ask The Question?

Talking about the subject doesn't put it in people's heads.

"Do you feel like harming yourself?"
"Do you feel like ending your life?"

Call For Help

Encourage them to seek help

'Let's talk to someone who can help'
'I will stay with you until you get help'
'You're not alone and others know a way out of this'

Republic of Ireland 1850 609090
Contact your doctor, or
jo@samaritans.org

or for info on services in your area
contact Eastern Region H.S.E on 1800 520 520



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Freshers Fair 2005



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F-Rag Trip

Witness Report 1

By Dualta Jones

Well, the night started just like they used to. A bag of cans with your mates beside you waiting with butterflies and beer in the belly for something big, something special... And the night delivered after a rumour filled bus journey (is it Waterford? No, it's Sligo... No, Leitrim... It's bloody Barcode I'm telling you!) seasoned with the incessant singing of those at the back of the bus (inherently drunker than you).

The DJ kicked off soon after we got into the club and it was shelf stacking and chicken walking for the remainder of the night. A love for Kaiser Chiefs 'I Predict a Riot' permeated the night with it being played at least... 4 times! The only downside was the night ended as suddenly as it started, that, and the occasional over strict bouncer! But that was all forgotten as we nursed hot dogs and piled onto buses for the final trip back to Dublin. At 5 am the night finally ended and I was jaded as I stumbled down the street looking for a taxi! A Great Night!

Witness Report 2

By Sharon Vogiatzi

Rumours bounced off the DIT walls in the countdown to the F-Rag Trip: last year, they ended up in Wales; one girl was knocked down twice (not by the same car, incidentally) and the second time she was in a trolley (or trolleyed, more like!); and one of the buses went on fire. Exactly what kind of mysteries had they in store for us?

The club was huge and funky, boasting a pair of very interesting bald-headed statues. The music was good and we bopped away until 'Catch 22' lit up the stage. They did some excellent covers (I thought it was the actual Killers track being played) and even sang some older favourites like 'Whiskey in the Jar.' The crowd went wild! When we were kicked out of the club ("Are you right there folks, please?!") we managed to shove a hot-dog into our starving gobs before being transported back into civilization (my mobile couldn't get a signal for a whole day after dying in Leitrim!)

People sang until they went hoarse and then broke into a lovely dawn chorus of hearty snores. We pored out of the buses in the wee hours of the morning, tired but happy after a night of mystery and passion. Great night.

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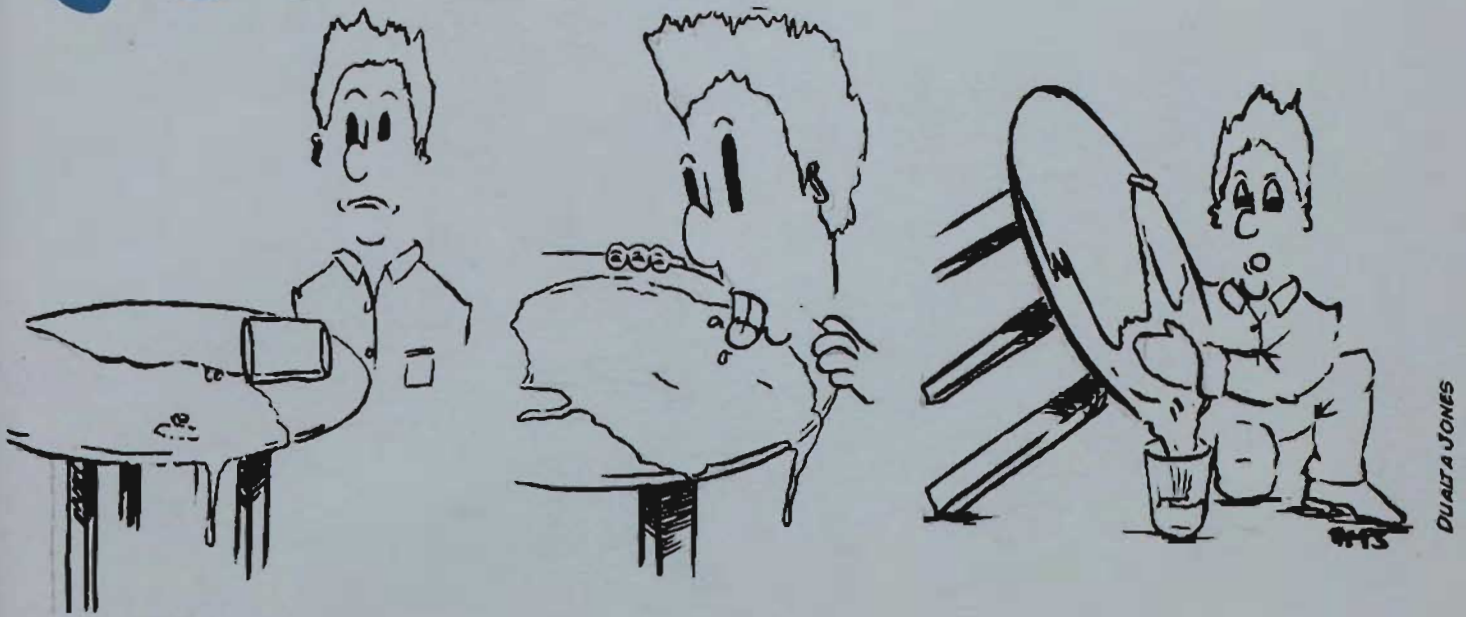
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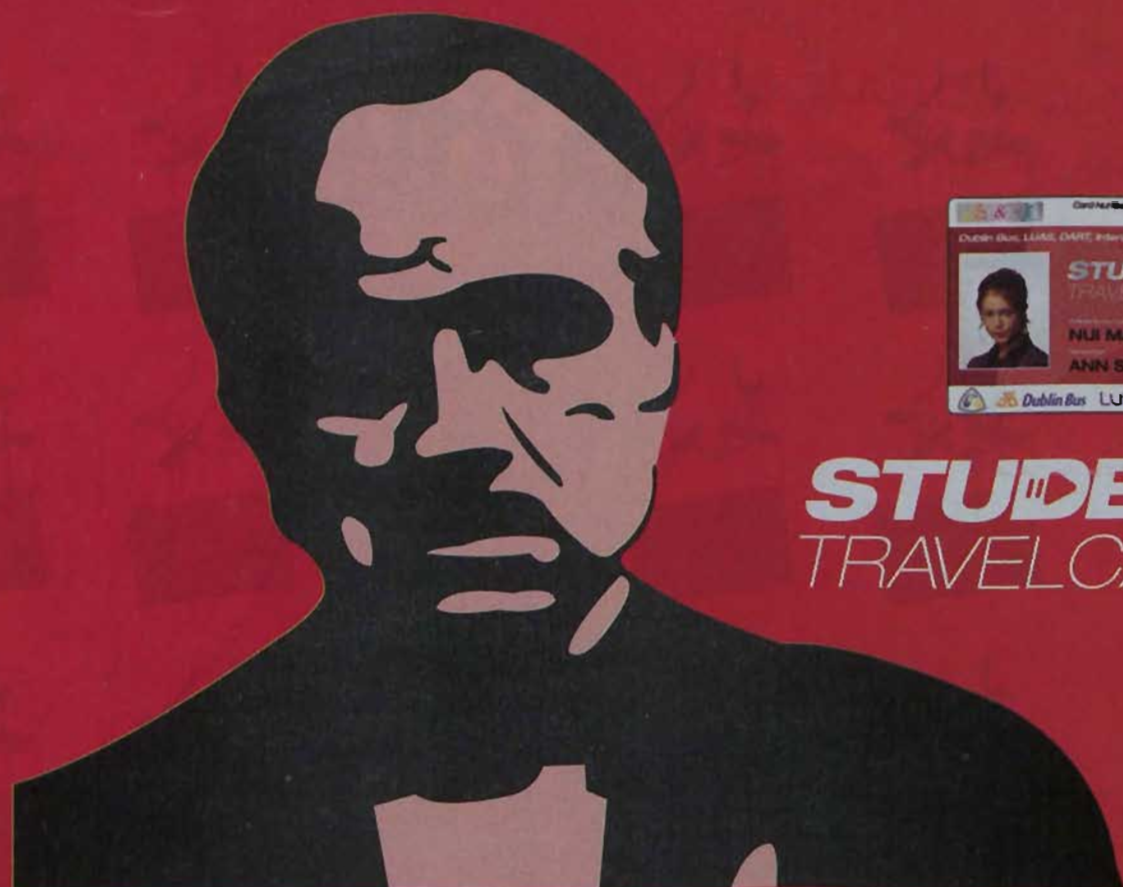
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THE AMAZING HAPPENINGS OF FRESHER FRED



by Mark doherty



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